



Building Strong Families

IN FAYETTE COUNTY



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OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2019-2020, Family and Consumer Sciences Extension made **132,201** direct and indirect contacts with individuals and families in Fayette County.

SPOTLIGHT: FAYETTE COUNTY

Central KY Job Club expands statewide



The Central KY Job Club was established in 2013 because of companies downsizing during the recession forcing mid-career employees to find new employment. This innovative, urban program provides a positive environment for motivated job seekers to meet, connect, share, and learn. Because of COVID-19, the program changed and modified its services shifting to online modality yielding 363% growth (150 average) in average attendance online (March through September 2020) compared to in-person meetings (July 2019 through March 2020). Facebook Live was added in August, expanding outreach to all Kentucky counties and both national and international audiences. Job Club offers newsletters, online job search guides, and a sharing community. Job Club has uniquely fulfilled the land grant mission, and national urban community leaders recognize it as a valuable resource.

FAYETTE COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

Fayette County's FCS Extension programming in 2019-2020 led to the following results.



450

pints of food were preserved



1,066

individuals made healthier eating choices



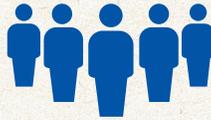
750

participants implemented strategies to avoid breaches in personal or financial security



5,910

volunteer hours were reported by FCS Extension program volunteers



1,879

participants reported making positive behavior changes



3,835

participants reported gaining knowledge

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University of Kentucky Family and Consumer Sciences Extension brings you a podcast focusing on nutrition, health, resource management, and more. Available on Apple Podcasts, Google Play and UKFCSExt.podbean.com.

Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu

Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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